

Healthy Eating Makes the Grade ACTION UPDATE

June 2011

MUSIC	C+	C+		C+	C+
PHYSICAL EDUCATION					
ARITHMETIC	A-	A-	A-	B+	A
Level of instruction					
Understands the meaning of numerals	+	+		+	+
Knows and uses number facts	+	+		+	+
Solves problems by reasoning	+	+		+	+
LANGUAGE	A-	A-	A-	A-	A
Level of instruction					



ACTION GROUPS FORMED

Moving forward on steps identified at the fall workshop, 18 people from a variety of organizations met in February ready to take action on the following project ideas:

- Promoting healthy eating at high schools through Youth Food Ambassadors, a youth-led pilot project
- Building partnerships and support for healthy food zones around schools
- Raising awareness and support for school gardens and promoting healthy school food environments
- Making connections around healthier cafeteria choices

Interested in joining a workgroup? More hands and ideas are always welcome!

Email Janice at:

Janice.piper@tbdhu.com

\$25,000 GRANT RECEIVED

The Ontario Heart and Stroke Foundation has provided a one-year Spark Community Advocacy Grant to build on action plans emerging from the Healthy Eating Makes the Grade workshop.

The Canadian Red Cross Society - Thunder Bay Branch is the lead organization for the grant. Several organizations provided input into the proposal.

Funds will support a part-time coordinator to mobilize a wider range of stakeholders, including youth, to advocate for increased access to healthy food for students.

The creation of policies that support school gardens, improved food choices at school, and healthy food zones around schools are key goals of the funding initiative.

SCHOOL FOOD AND BEVERAGE POLICY UPDATE

- Two new resources are available to schools: *At-a-Glance Guide* and *Bake it Up!* from www.eatrightontario.ca (click on School Health).
- February 23: Thunder Bay Catholic District School Board held a teacher training session.
- April 26: Lakehead Public Schools passed food and beverage policy and procedures.
- May 31: Lakehead Public Schools held a teacher training session.
- June 2: Schools shared successes regarding changes to their nutrition environments at the Health Unit's *Share, Inspire, Celebrate* event.

SAVE THE DATE!

Let's keep the momentum going on our Healthy Eating Makes the Grade action plans. Mark your calendar for the next meeting on **Wednesday, September 28** from 12:30 to 3:30 pm. More details to come.



YOUTH FOOD AMBASSADORS TAKE THE LEAD

Superior CVI and Churchill CVI have formed action teams to lead the way in promoting healthy eating and the enjoyment of food among peers.

Five teachers and nine students took part in a retreat held March 30 to discuss what healthy eating means to them, what influences teens food choices and strategies for promoting health messages at school.

Both groups received \$200 in seed money to get them started on their initiatives. As well, preliminary plans for their first activities were set.

The teams gathered together again on June 1 to share what they had done so far, what they learned and how they could carry on activities into the next school year.

These teams will be involved in expanding the Youth Food Ambassadors project to other interested high schools this fall.

For more details, contact Karling at:
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CHECK OUT THE NEW SNAPSHOT REPORT ON THE HEALTH OF LOCAL TEENS



The *Snapshot* report provides highlights and recommendations from the School Health Action, Planning and Evaluation System (SHAPES) Survey on mental fitness, smoking, physical activity and healthy eating of grade 9-11 students in the Thunder Bay District.

To read the report and find out how school communities can make a difference visit
TBDHU.COM

HEALTHY FOOD ZONES AROUND SCHOOLS UPDATE

The working group is moving ahead with the following activities:

- Investigating related initiatives in other municipalities
- Liaising with the City of Thunder Bay Planning Division
- Seeking input from interested schools

SCHOOL GARDENS AND HEALTHY SCHOOL FOOD ENVIRONMENTS UPDATE

The working group is moving ahead with the following activities:

- Planning to bring together interested parents, teachers and administrators involved or interested in school gardens to identify supports needed to create and sustain them
- Planning presentations to offer Parent Involvement Committees in the fall around creating healthy school food environments



TEENS AND HEALTHY EATING (from the *Snapshot* report)

On the day before the survey:

- Over 1/3 of students ate high fat, salty or sugary snacks at least seven times.
- 51% of students drank three or more servings of sweetened non-nutritious drinks.
- 1/4 of students consumed no vegetables, fruit or juice.
- 62% of students drank at least two servings of milk/soy beverage while 37% had one serving or less.
- Close to half of students ate breakfast daily during the school weeks while 11% did not eat it at all.